



The Middle Pillar in the Quran

Salaat is the Arabic word for Kundalini, not prayer. The Arabic word for prayer is dua.

The movements and postures (asanas) associated with salaat are actually abbreviated versions of the yoga sun salute. They coordinate breathing and, by stretching, clear the meridians and loosen the spine. All those things facilitate salaat but are not salaat itself.

Salaat is a force, an energy, that flows through the body and the universe.

The Quranic term for the Middle Pillar is salaat al-wusta.

**Guard over the salaat
and the salaat al-wusta (the
middle salaat), and raise up to
Allah devoutly.**

-- Quran 2:238

Any negative conditioning or program that's embedded in the subconscious can (and does) get activated when salaat awakens. Thus, the initiate is told to guard over her salaat, especially the salaat (kundalini) of the Middle Pillar.

Cleaning the subconscious (Ra) of all negative programs is also called, metaphorically, "the sanctification of the Virgin Mary."

negative non-physical beings can become attracted to a person's salaat force and attach themselves to one's chakras like energy vampires.

Banishing and protective (spiritual immunization) rituals like the Lesser Banishing Ritual of the Pentagram help energy workers "guard over the salaat."